



John Elias Baldacci
Governor

STATE OF MAINE
Department of Public Safety
MAINE CRIMINAL JUSTICE ACADEMY
15 Oak Grove Road
Vassalboro, Maine 04989



Michael P. Cantara
Commissioner

John B. Rogers
Director

The following three components constitute the Physical Fitness Test as adopted by the Board of Trustees of the Maine Criminal Justice Academy. Each candidate must pass all three components consecutively to successfully complete the MCJA Physical Fitness Test.

REQUIREMENT for entrance to and exit from the Basic Law Enforcement Training Program (BLETP). Prior to entrance to the Academy, an applicant is required to successfully complete each component of the entrance standard, based on the applicant's age and gender, approximately 30 days before the start of the BLETP. Prior to completion of the BLETP, each cadet is required to successfully complete each component of the exit standard, based on the cadet's age and gender. The three components will be administered in the following order.

- 1. Maximum push-up test**
- 2. One minute sit-up test**
- 3. 1.5 mile run**

PHYSICAL FITNESS TEST COMPONENT DESCRIPTIONS:

MAXIMUM PUSH-UP TEST: The applicant will tuck in any loose clothing on the upper body during the test. The applicant will assume the standard position for a push-up. The standard position for the push-up is, in the "up" position, the body is rigid, back and legs straight, feet no more than shoulder-width distance apart with the applicant's toes tucked under, and the hands approximately shoulder-width apart. A monitor will place a four-inch measuring device directly between and in line with the hands on the floor under the sternum. The applicant, with the back and remainder of the body straight at all times, will lower the body towards the floor until the sternum touches the measuring device. The applicant will then push up to the fully extended "up" position. This will complete one repetition. Monitors will count off cumulatively to the applicant each completed successful repetition. The applicant may rest only in the "up" position. The test terminates at any point that any part of the body other than the hands and feet touches the floor. The score will be the maximum number of correct push-ups completed.

ONE-MINUTE SIT-UP TEST: The applicant will assume the standard position for a sit-up. The standard position for the sit up is in the "up" position. The applicant will sit on the floor with knees bent, heels flat on the floor, buttocks as close to the heels as possible, and the upper body perpendicular to the floor. The applicant's hands will be placed behind the head with the fingers interlocked for the duration of the repetitions. Another person will hold the feet down either above or below the ankles. The applicant will lie down so that the upper back touches the floor. Applicants will contract their abdominal muscles and raise the upper body off the floor to the standard position, which will usually mean that the elbows must touch the top of the knees or extend beyond the lower legs so that the upper body is perpendicular to the floor. The

buttocks must remain in contact with the floor during the complete sit-up. This will complete one successful repetition. Monitors will count off cumulatively to the applicant each completed successful repetition. The applicant may rest in either the up or down position and will be encouraged not to pull their necks forward with their hands during the exercise. The test ends at the end of one minute. The score will be the number of correct sit-ups completed within that one-minute period.

1.5 MILE RUN: The applicant will walk, jog, run, or any combination thereof, a distance of one and one-half miles. A measured, relatively level course will be used, such as an indoor or outdoor track. Exact distances will be indicated. A monitor will keep record of the distance and time the applicant has completed. When possible, the assigned monitor will inform the applicant at the end of each lap the cumulative running time. The score is the time it takes to finish the 1.5 miles.

MCJA APPLICANT PHYSICAL FITNESS ENTRANCE STANDARDS:

FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Maximum Push-up Test	29	24	18	13	15	11	9	3
One Minute Sit-up Test	38	35	29	24	32	25	20	14
1.5 Mile Run	12.51'	13.36'	14.29	15.26'	15.26'	15.57'	16.58'	17.55'

MCJA BLETP CADET PHYSICAL FITNESS EXIT STANDARDS:

FITNESS TEST	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
Maximum Push-up Test	33	27	21	15	18	13	11	5
One Minute Sit-up Test	40	36	31	26	34	27	22	17
1.5 Mile Run	12.18'	12.54'	13.53'	14.55'	14.55'	15.26'	16.27'	17.24'

*****Approved by the Board of Trustees: May 7, 2004*****